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Measles Outbreak in Washington State

The Department of Public Health and Social Services (DPHSS) has been informed of an outbreak of **measles** in Washington State. As of February 11, 2019, the Washington State Department of Health reported that there have been 54 cases of measles. The confirmed cases include two cases who traveled to Hawaii and another case who traveled to Oregon. The confirmed cases also include two Washington state residents who moved to Georgia.

Measles is a highly contagious viral disease. It is primarily spread by person to person contact via large respiratory droplets. Symptoms are characterized by a generalized rash lasting 3 days or longer, with fever (101° F or higher) and cough, or runny nose, or red, watery eyes.

Stay safe when traveling

The DPHSS recommends that persons traveling to any destination ensure they are vaccinated for measles (given in combination with the mumps and rubella vaccines) **at least 4-6 weeks before departing**. In addition, the DPHSS encourages individuals to review their shot record to ensure they are up-to-date on all routine vaccinations before traveling to any destination. Some vaccines may also be required for travel. Ask your doctor if anyone in your family needs vaccines. Additional information about what vaccines are needed for each country can be found at: <https://wwwnc.cdc.gov/travel/destinations/list/>

Prevent the spread of measles in our community

Vaccination is the best protections against measles. Ensure you and your family are fully vaccinated with the MMR vaccine. With frequent travel of residents between Guam and Washington State, it is possible that the disease may be brought here.

MMR Vaccine Recommendations from U.S. Centers for Disease Control & Prevention (CDC)

Children	All children should receive two doses: <ul style="list-style-type: none"> • first dose given at 12-15 months of age, and • second dose at 4-6 years of age or at least 28 days after dose #1.
Students at post-high school educational institutions	Students without evidence of measles immunity need two doses, with dose #2 given no earlier than 28 days after the first dose.
Adults	All persons born during or after 1957 should have documentation of at least one dose given on or after the first birthday.

International Travelers	<p>People should be protected before traveling:</p> <ul style="list-style-type: none"> • Infants 6 - 11 months of age should receive one dose. <ul style="list-style-type: none"> ◦ Children in the U.S. routinely receive MMR vaccination at 12-15 months of age. ◦ Infants vaccinated before 12 months of age should be revaccinated on or after the first birthday with 2 doses, separated by at least 28 days. • Children 12 months of age or older should have 2 doses, separated by at least 28 days. • Adults born during or after 1957 without evidence of immunity against measles should have documentation of two doses, with dose #2 given no earlier than 28 days after the first dose.
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All health care providers on Guam are urged to be on alert for possible cases of measles and to promptly report suspect cases to the Immunization Program, Bureau of Communicable Disease Control, at 735-7143/7148 or 735-7135. Furthermore, all health care providers are urged to review and update the immunization status of all patients they see. If vaccination is contraindicated because of illness, a follow-up appointment should be scheduled to update vaccination as soon as the illness is over.

For more information, please call the DPHSS Immunization Program at 735-7143.


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